A Guide to Shared Decision-Making in Ulcerative Colitis

Create an Open Space for Discussion¹

- Review a patient's medical record before their first visit
- Understand patient-centered goals to advise on the best treatment plan
- Support your patients to improve overall quality of life

Examples:

- What do you hope to achieve from treatment?
- How can we achieve this together?

Tailor Your Language to Meet Patients Where They Are

Aim for a mutual understanding between yourself and the patient:

- Use patient-friendly terms¹
- Ask open-ended questions when possible¹

Be mindful:

The average patient reads at an eighth-grade level and 20% of patients read at or below a fifth-grade level².

Pain description

Lifestyle impact

Workplace impact

Build a Trusting and Communicative Relationship with Patients

Actively listen when taking the patient's history and ask clarifying questions when needed to ensure patients feel heard and understood¹.

For example³:



Maintain eye contact

Make gestures to show

vou are following along

(e.g., head nods)



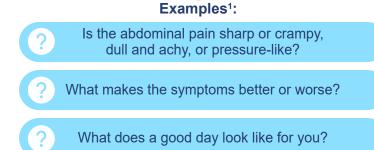
Allow time for contemplation

Repeat back

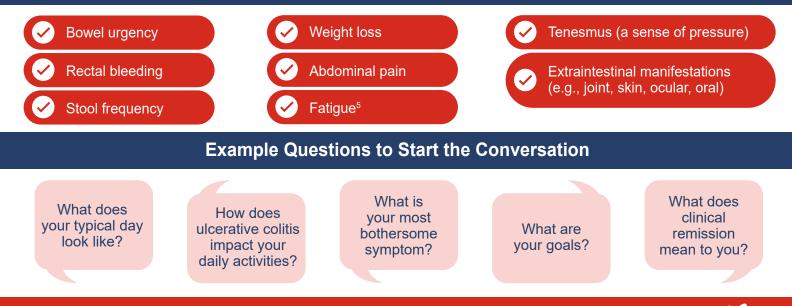
what you heard

Determine the symptom with the greatest impact on the patient's life and ask about symptom-modifying factors¹.

- Onset
- Urgency
- Duration
- Frequency



Ask About All Symptoms of Ulcerative Colitis⁴



1. https://www.healthit.gov/sites/default/files/nlc_shared_decision_making_fact_sheet.pdf (Accessed October 11, 2023). 2. Kirsch IS. Adult Literacy in America: A first look at the results of the national adult literacy survey; 2002. 3. Tennant K, et al. Active Listening; 2023. 4. Rubin DT, et al. Am J Gastroenterol. 2019;114:384-413. 5. Regueiro M, et al. Adv Ther. 2023;40(2):474-488. VV-MED-147943 © 2023 Lilly USA, LLC. All rights reserved.